

The Douglass Senior Center
will be closed
May 25.

“The Senior Scene”

“Life isn't about waiting for the storm to
pass...It's about learning to dance in the rain”

Just For Fun

Jigsaw Puzzle Group: Everyday. Stop by the Center and help the group with your puzzle skills.

Duplicate Bridge: Thursday, 12:15 - 3:30 p.m.

Ceramics: Monday & Thursday, 9:00- 12:30. Minimal supply fee. Participants are working on their own at this time so if you know how to work with ceramics you are welcome to come to join the group.

Senior ShowChoir: Practice on Tuesdays from 2:00 - 4:00.

New members are welcome at the beginning of each new program.

Devotions: Monday & Thursday, 10:00 - 10:30. Hear the truths and principles taught from God's word by Rev. Walter Statzer on Monday and Rev. Todd Freeman on Thursday.

Retired and Senior Volunteer Program: Become an active volunteer. Pick up an application at the Center or call Barbara Fiala at 466-4332.

Library Loan Program: Large print books are available for you to check out. These books are provided by the Bristol Public Library. Because of your interest and participation in the program the library has increased our number of books. Great reading folks!!!



Thursday Morning Game Time
Pinocle— Join the Fun
9:00 a.m.—12:00 noon

Computer Lab

Discover the world wide web and e-mail. See why this is the latest rage in communication. The computers are available for your use any time.



Check out: www.seniornavigator.com

Lunch Program

Monday & Thursday: Lunch is served at approximately 11:30 a.m. It is provided by District Three Governmental Cooperative and transportation is provided. Call for information and pick up times. Don't sit at home and eat by yourself- come on out and eat with old friends and make some new ones in the process!!



Health and Educational Programs

Blood Pressure Screening: Thursdays, 9:30-10:30 am. This service is provided by American Home Health, LLC. The Nurse will also check your sugar levels.

Writing Your Life's Story in “Bits & Pieces”: Join Jean Powell on Thursday afternoons and learn the basic skills to create your life stories for future generations. She will share ideas to help you organize your thoughts and to transfer them to paper. 12:30 p.m.



AARP Driving Class: May 6, 9:00 a.m.-5:00 p.m. The fee for the class will be \$12.00 for AARP members and \$14.00 for non-members. The AARP Driver Safety program is the nation's first and largest driver safety course, your source for invaluable safe driving practices. Open to people of any age (although it is geared for drivers 50 and older), it does not involve any physical, written or on-the-road tests! Course participants will receive a certificate at the completion of the course and may be eligible for a discount on their auto insurance premiums.



News on the Web!!

If you would like to receive news about upcoming events or new events that we find out about just send us your email address and we will give you the information. Your address will not be shared with any other agency –only the Douglass Senior Center. You may call or email us with your information.



WELLNESS ROOM

The fitness center hours are Mon.- Thurs. 9:00 - 3:30 p.m. and Friday 9:00 - 12:00 noon. We will always have a Staff person available to help you with any questions you might have and to assist you in the use of the equipment. This is an excellent opportunity to start an exercise program and there is no fee to use the equipment. Stop by and get started today!



Fitness And Sports

Senior Exercise: Mon. & Thurs. 9:30 -10:30 a.m. This class is especially designed for seniors and is performed in chairs. It is a combination of gentle yoga poses, stretching and breathing exercises. It will calm your mind and strengthen and lengthen your body.

Circuit Training: Tues., Wed. and Friday, 9:00- 10:00 a.m. Improve your strength, coordination and cardiovascular endurance through a low-impact aerobic program. The class consists of a combination of aerobic exercises, walking and other modified exercises. Your core muscles will be strengthened through the use of hand weights and floor work.

Stretching & Toning Class: Wednesday & Friday mornings, 10:30-11:15. This class will be done while sitting in a chair and you will use dyna-bands and hand weights. It will enable you to increase your flexibility, muscle tone and lung capacity.

Senior Swimming: Virginia High Pool, Monday-Thursday, 9:45– 10:30 a.m. Cost is \$1.00 per visit. You can enjoy lap swimming or just do your own water aerobic exercise.

Bowling: Interstate Bowl, Tuesdays, call Janie McCoy at 669-5942 for more details. Summer leagues will soon be forming.

“PUZZLE MANIA”

Stop by and help the group work on the current puzzle.

The piece you find just might be the piece everybody is searching for!



FUSING JEWELRY CLASS

Create beautiful pendants, brooches or earrings by fusing dichroic glass. Two night class, Tuesdays April 28 & May 5.

To be held at the *Art Unlimited* on 57 Piedmont St., Bristol, VA.

Fee: \$30.00 includes supplies Instructor: Nancy Johnston





"BROWN BAG BINGO"
1st Fridays

April 3, May 1 and June 5, - 10:30-11:30 a.m.
Each person that plays will bring a gift for Bingo in a brown paper bag.
We will play until all "Bingo Bags" are given away! Free Popcorn

WALDO MILES -SWIM DATES

June 22, July 20 and August 10, 1:00—3:30 p.m. Cost \$1.00
Spend the afternoon at the pool with friends, bring a bagged lunch and join us at 12:30 for lunch. We will swim, and play Mexican Dominoes.



Mother's Day Luncheon
Friday, May 8, 12:00 noon—Reservations Required
Celebrate Mother's Day with a special lunch and share the memories of being a Mom or just that special someone in a younger person's life. Space is limited.

LUNCH & GAME DAY— 11:30 - 3:30 Cost \$2.00

Friday, April 17

Vegetable Plate, Dessert, Tea & Coffee

Friday, May 15:

Sandwich, Chips, Marconi Salad, Dessert, Tea & Coffee

Friday, June 19:

Sandwich, Chips, Pasta Salad, Dessert, Tea and Coffee

CALL FOR RESERVATIONS



SENIOR PROM—May 5—6:00-8:00 p.m.
Slater Community Center

Enjoy an evening of dinner, dancing and fellowship with your friends at the Senior Prom sponsored by the SWVA TRIAD, Douglass Senior Center and the Slater Center. The meal will be catered by Chef Richard. It is a FREE event and reservations are not necessary.

SENIOR JAMBOREE

Friday, May 22, 10:00-12:00 at the Bristol Mall

Join your friends at the "Pickin' Porch" for a morning of entertainment and fun!

Door prizes will be given away.

Free Admission



Father's Day Breakfast

Friday, June 12, 9:00 a.m.

Join friends for a delicious breakfast and celebrate Father's Day.
Reservations required— Limited Space



TRIPS & LUNCH RIDES

Lunch Ride: Wed., April 22, 11:00 a.m. Cost is \$3.50 plus your lunch. We will dine at "The House on Main" in Abingdon, VA. After lunch we will visit the historic "White's Mill".

Dinner Ride: Friday, April 24, 3:30 p.m. Cost is \$4.00 plus your meal. We will have a family style dinner at "The Farmer's Daughter" in Chuckey, TN and have time to shop in the Bulk Food Store next door.

Day Trip: Wed., April 29, 10:00 a.m. Cost is \$3.50 plus your meal. It off to Wise, VA and lunch at "Mosby's". On the way home we will visit the "June Tolliver House" in Big Stone Gap.

Lunch Ride: Wed., May 13, 10:00 a.m. Cost is \$3.50 plus your meal. Lunch will be at "The Blowing Rock Grille" in Blowing Rock, NC. There will be time to stroll down the streets of this quaint town and enjoy the spring day.

Lunch Ride: Wed., May 20, 10:30 a.m. Cost is \$3.50 plus your lunch. Marion, VA will be our destination and lunch will be at "Handsome Molly's Bistro" in downtown Marion. You will have time to look around before coming home.

Dinner Ride: Friday, May 29, 4:00 p.m. Cost is \$4.00 plus your meal. Dinner will be family style at "Shirley's Restaurant" in Hampton, TN.

Lunch Ride: Wed. June 3, 9:30 a.m. Cost is \$2.00 plus your lunch. It's "Bus Week" at Hamrick's so that means special deals, a free gift and shopping! After a morning of shopping we will have lunch at "The Cracker Barrel".

"Covered Bridge Festival": Wed., June 3, 5:00 p.m. Cost is \$3.50. Enjoy "Gospel Night" at the festival in Elizabethton, TN. Bring a packed meal or purchase your dinner from a local food vendor. Also bring your folding lawn chair and a jacket.

"Covered Bridge Festival": Thursday, June 4, 5:00 p.m. Cost is \$3.50. Tonight is Bluegrass/Country night at the festival. Once again you can bring a snack or purchase a meal from one of the local food vendors at the festival. Also bring your lawn chair and a jacket.

Picnic at Sugar Hollow Park— Shelter A: Tues., June 9, 5:00 p.m. Cost is \$6.00. We will feast on hotdogs, baked beans, chips, a fire to roast marshmallows and after dinner we can play horseshoes, bocce ball or take a walk. Reservations required.

Cove Ridge Marina Grill on Watauga Lake: Tuesday, June 16, 9:30 a.m. Cost is \$3.50 plus your lunch. Enjoy lunch on the beautiful Watauga Lake and visit Butler the only incorporated town "drowned" by TVA when the lake was formed.

Lunch Ride: Wednesday, June 24, 10:00 a.m. Cost is \$3.50 plus your lunch. We will have lunch at the "Red Onion Cafe" in Boone, NC and shopping afterwards at the Mast General Store.

Lunch Ride: Tuesday, June 30, 10:30 a.m. Cost is \$3.50 plus your lunch. We will have lunch at "McAllister's" in Kingsport with shopping and a stop at the Hobby Lobby.

Myrtle Beach, SC: We are planning our annual trip to Myrtle Beach, SC. on October 13-17. The details are being worked out now and we should have definite dates and costs by May 1. If you are interested in going to the beach with us please call and place your name on the list for information today! Space is limited.

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U.S. Postage
PAID
Bristol, TN/VA
Permit No. 1

April, May & June
2009



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Monday- Thursday 9:00 a.m. - 3:30 p.m.

Friday 9:00 a.m. - 12:00 noon

Bristol VA Parks & Recreation
City of Bristol, VA

